



NORTHEAST OTTAWA COUNTY ACTIVITIES FOR AGES 50+

DEAR NORTH OTTAWA COUNTY COMMUNITY MEMBER,

WE ARE LOOKING FORWARD TO ANOTHER WONDERFUL YEAR OF PROGRAMMING THAT STRENGTHENS YOU PHYSICALLY, SOCIALLY, INTELLECTUALLY AND SPIRITUALLY. RESEARCH HAS PROVEN TIME AND TIME AGAIN THAT IF WE REMAIN ACTIVE OR RE-ENGAGE IN A WHOLE PERSON WELLNESS PURSUITS, SUCCESSFUL AGING WILL HAPPEN.

WE ARE EXCITED TO KICK OFF 2019 WITH A NEW EXERCISE PROGRAM. THIS PROGRAM IS CERTAIN TO ENGAGE MANY ASPECTS OF WELLNESS.

"GET ON THE BALL" WILL TAKE PLACE ON THURSDAYS AT 10:15 AM AT THE BERLIN BAPTIST CHURCH. THIS ENGAGING TOTAL BODY CLASS WILL HELP TO STRENGTHEN AND CONDITION YOUR MUSCLES WHILE ACTIVELY WORKING TO IMPROVE YOUR BALANCE. AN EXERCISE BALL WILL BE UTILIZED TO BRING NEW, FUN, AND CREATIVE EXERCISES TO THE EXPERIENCE.

ALL LEVELS ARE WELCOME!

GET ON THE BALL BEGINS THURSDAY, JANUARY 10TH

10:15 AM

BERLIN BAPTIST CHURCH IN MARNE

WE WILL HAVE EXERCISE BALLS ON SITE FOR PARTICIPANT USE.

COST \$1/SESSION

QUESTIONS REGARDING ANY PROGRAMMING PLEASE CALL:

616-997-1786 OR 616-322-9530

Polkton Township Hall
6900 Arthur Street
Coopersville, MI 49404

Wright Township
Berlin Baptist Church
14141 State Street
Marne, MI 49435

COOPERSVILLE AREA
PUBLIC SCHOOL (CAPS)
198 EAST STREET
COOPERSVILLE, MI 49404

Chester Township Hall
3509 Sehler Street
Conklin, MI 49403

January 2019 Program Calendar

Su	Mon	Tue	Wed	Thu	Fri	Sa
		1 Happy New Year!!!	2 8:30 Walking @ CAPS Com Gym 9am—Bowling @ Ravenna Bowl	3 9:15 Stretch & Tone Berlin Baptist Church 9:30 Dance Fitness—CAPS Gym 10:15 GET ON THE BALL—Berlin Baptist Church	4 8:30 Walking @ CAPS Com Gym	5
6	7 8:30 Walking @ CAPS Com Gym 6pm—Tae Kwon Do	8 9:15 Stretch & Tone 10:15 Cardio Drumming Berlin Baptist Church 1:15—Euchre @ St. Joseph's Church in Marne	9 8:00 Walking @ CAPS Com Gym 9am—Bowling @ Ravenna Bowl	10 9:15 Stretch & Tone Berlin Baptist Church 9:30 Dance Fitness—CAPS Gym 10:15 GET ON THE BALL	11 8:30 Walking @ CAPS Com Gym 1pm - Movie—Brigadoon @ the Library in Coopersville	12
13	14 8:30 Walking @ CAPS Com Gym 6pm—Tae Kwon Do	15 9:15 Stretch & Tone 10:15 Cardio Drumming Berlin Baptist Church 1:15 Euchre @ CAPS	16 8:30 Walking @ CAPS 9am—Bowling @ Ravenna Bowl	17 9:15 Stretch & Tone Berlin Baptist Church 9:30 Dance Fitness—CAPS Gym 10:15 GET ON THE BALL	18 8:30 Walking @ CAPS Com Gym	19
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27	28 8:00 Walking @ CAPS 6pm—Tae Kwon Do	29 9:15 Stretch & Tone 10:15 Cardio Drumming Berlin Baptist Church 1:15 Euchre @ CAPS	30 8:30 Walking @ CAPS 9am—Bowling @ Ravenna Bowl	31 9:15 Stretch & Tone Berlin Baptist Church 9:30 Dance Fitness—CAPS Gym 10:15 GET ON THE BALL		

Please note - There will be NO Thursday morning Yoga at Polkton Township January - March. Instructor, Nancy Bowen looks forward to seeing you in April.

When Coopersville Public Schools are canceled due to weather, all activities for that day are also canceled. Also, if Kenowa Public Schools are closed all programming at Berlin Baptist Church is cancelled.